



HOW TO MAKE ASIAN FOOD WITHOUT A RECIPE! ♥

Just call me QUEEN of the One-Pot-Meal.

Seriously though - for anyone who is cooking for one or two, a one-dish meal can be the solution to many problems. As a single parent - getting something nutritious, tasty, and quick, with minimal clean-up is the name of the game.

It would seem I have been in "Asian" food-mood lately. It is quite easy to pull off if you have on hand the necessary components.

Those would be: Soy Sauce, or Tamari if you prefer wheat-free as I do. Ginger. Garlic. Sesame oil. Something to create heat, like crushed red chili flakes or chili garlic sauce. Also helpful would be lime juice, or rice wine vinegar. These can ALL be used together - or in parts - with the main ones being soy, garlic, and ginger.

An assortment of veggies: onions, carrots, celery, green onions, broccoli, Kale, bell peppers, cabbage, mushrooms. Any combination will work. I believe it is best to use a variety.

Nuts for crunch are nice: peanuts, almonds, cashews

Organic, free-range, grass-fed meats - if you choose: beef, chicken, or pork - or you could go with shrimp. Or you can just do veggies.

Starches - can be rice or noodles of varying sorts. OR - you can go without the starch, as we do on many occasions.

You do not need a fancy wok to pull this off. A nice sized saute pan will work. I did not have recipes for these dishes. I just applied the above basic info to my meal, and voila! It was good.

Don't be afraid to get in your kitchen and experiment. Even I make disasters on occasion - took me FOREVER to clean my waffle iron after my latest waffle creation was a fiasco. As long as you're not giving yourself food poisoning, burning down the house, or experimenting on guests - GO FOR IT!

Have fun.